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There have been no changes locally regarding COVID-19. The College continues to monitor the situation, studying best practices and following the thinking and advice of public health experts locally, statewide and nationally.

The best advice continues to be:

- Stay home if you are sick; avoid close contact with others
- Wash hands often with soap and water; if not available, use hand sanitizer
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid contact with people who are sick
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing

Campus Planning

On campus, our Institutional Continuity Plan coordinating group for medical situations has been activated and is meeting regularly. This group includes: Andrew Davis, Betsy Julian, Dan Cecchini, Laura Boehme, Laurie Chesley, Matt McCoy, Peter Ostrovsky, Ron Paradis, Sarah Baron, Sharla Andresen and Zak Boone. If you have questions or concerns, feel free to reach out to any member of this team.

Additionally, Chairmoot spent most of its meeting Thursday talking about steps which could be taken if the situation hits Central Oregon and action is needed.

The [COCC website](#) continues to provide links to local, regional and national resources that provide updated and accurate information. We have added a link from the Higher Education Coordinating Commission (HECC) that provides information specific to higher education.

In addition to being part of the Central Oregon Emergency Information Network, COCC staff are also participating on regular calls coordinated by HECC which provides updates for higher education institutions in Oregon.

Cold and Flu Season

Experts say that just because you're sick doesn't mean you have COVID-19:

- It's cold and flu season, too.
- If you have a fever and cough, get plenty of rest, drink fluids, take over-the-counter medications to reduce fever and ease your symptoms.
- If you feel sick, **call ahead to your healthcare provider** to discuss whether or not you need to be seen. You may not need to come in, reducing the chance of infecting others.
- If you're having difficulty breathing that doesn't mean you have COVID-19 but you should dial 9-1-1.

If you feel ill, stay home until you are free of fever and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines

Wickiup Hall

Staff in Wickiup has been communicating with students about the importance of taking steps to prevent the spread of illnesses. Additionally, this information has been communicated to parents and supporters of Wickiup residents.

Campus Service

There have been questions about hand sanitizers on campus. Here is some information from our Campus Services staff:

- Bend campus has 64 hand sanitizer stations; Prineville has four; Madras has three and Redmond has eight.
- 15 additional new hand sanitizer stations are in stock.
- 42 refills (1000 ML refill) of hand sanitizer are in stock.
- High traffic buildings (like CCC, LIB) use about one refill per month.
- The hand sanitizer product is 70% alcohol based.
- Campus Services custodial supervisor has a call scheduled with their supply vendor.

Additionally, due to the virus concerns, there has been increased sanitizing and disinfecting in all buildings including touch points and floors.

Again, if you have any questions, please reach out to your supervisor, or any member of the COCC team working on this topic.

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